

# New Hampshire Military Families



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## Two Grants Available to Youth During Deployment

By Elizabeth Harding, Youth Readiness Coordinator

Families of deployed military members can receive funding from two different programs that will EACH pay up to \$500 towards costs for youth extracurricular activities.

**Kids Serve Too** is a program of Salute our Services, a non-profit organization that is "committed to supporting military men and women and their families." Their grant program can cover program fees for extracurricular activities including but not limited to: tutoring, sports, and fine arts programs. The grant is available once per child (K-12) per deployment. Each grant request can include multiple activities as long as the total does not exceed the \$500 maximum for each child.

**Our Military Kids** is a non-profit organization whose mission is to "ensure that the children (K thru 12) of deployed and severely injured Reserve and National Guard personnel can afford to participate in activities such as youth sports, fine arts and tutoring programs..." Their grant program applies to any Army

National Guard youth whose parents are deployed overseas for over 6 months and have at least 60 days remaining on mission orders when the application is submitted. Air National Guard youth qualify if their parent has 30 days remaining on a 120 day or more overseas mission or if the parent is on one of two missions overseas totaling 180 days in a one year period. The grant will cover up to \$500 per child for one activity for up to 6 months of participation in the activity.

The grant applications for both of these programs are available for download on the New Hampshire National Guard Family Program site at <https://www.nh.ngb.army.mil/fp>. For more information, please contact Elizabeth Harding at (603) 227-1496.

Information adapted from  
[www.saluteourservices.org](http://www.saluteourservices.org) and  
[www.ourmilitarykids.org](http://www.ourmilitarykids.org)



## Upcoming Family Events

### MILITARY FAMILY SKI DAY

Where: Pat's Peak Ski Area  
Henniker, NH  
When: Sunday Feb 11, 2007  
8:30 a.m. - 4:00 p.m.

For more information call  
Bonnie Rice at 430-3545

### Marriage Enrichment Weekend

For married Army National Guard  
couples  
March 9-11, 2007  
Ashworth By the Sea  
Hampton Beach, NH

For more information please call  
SFC Mary Nelson at 227-1560

We are on the WEB!  
[https://  
www.nh.ngb.army.mil/  
fp/](https://www.nh.ngb.army.mil/fp/)

## Valentine Thoughts By Chaplain (MAJ) Dave Grover



In 1847 this intriguing, entrepreneurial, college-educated woman, Esther Allen Howland (17 August 1828 - 15 March 1904), the daughter of a prominent

Worcester Massachusetts stationer received an English valentine from an admirer. Recently graduated from Mt. Holyoke Seminary (Yep, she was a "Church Lady"), she was so impressed with the card (but apparently not by the sender since nothing is known of him) that she decided to go into the Valentine's Day Card business.

The assembly-line operation at the family residence created by Esther and several friends became one of the first valentine factories in the United States; the New England Valentine Company. At its peak, the company's annual sales reached \$100,000 and Worcester had become the center of the American valentine industry.

But who cares! Valentine's Day is an opportunity for guys to have an excuse for going into Victoria's Secret and buying skimpy underwear, right?

Still, in spite of the fact that 85% of all Valentine's cards are purchased by women, this holiday requires men to buy, at the minimum, a Valentine card and a box of chocolate, and at the high end, a Valentine card, a box of chocolate, a bottle of wine, a dozen roses, a negligee and a ring, bracelet, necklace, and/or earrings.

Tradition has it that back in the old

Roman days the Emperor executed a Christian named Valentinus. During his incarceration, he had become friends with the blind daughter of his jailer and restored her sight (thus his status as a saint). On the eve of his death (apparently FEB 14, 297) he sent her a message signed "from your Valentine." The rest is "history."

Inspired by an obscure third century martyr and perpetuated by a Victorian church lady, Valentine's day nonetheless embodies a truth that is so much more ancient. The truth is that at the very core of what it is to be human is our capacity to give and receive love. It is in this respect that we most closely reflect the image of God. So we shouldn't be surprised when God describes his relationship to us in terms of love. Nearly everyone has heard John 3:16, "For God loved the world (that's us) so much that he gave his only son (that's Jesus)..." The correlation between loving and giving is undeniable. But we ought to remember that our love shouldn't be measured by the magnitude of our gifts but by the sacrificial nature of our giving.

So don't forget Valentine's Day, but don't get wound around the axle with the gift part when **all we really want to know is that we are loved.**



## NH National Guard Family Program

(603) 227-1496

<https://www.nh.ngb.army.mil/fp>

Our mission: Encourage and foster military family self-reliance in order to support the objectives of the New Hampshire National Guard.

### State Family Program Director

1st. Lt. Suzanne Barricklow

### Wing Family Program Coordinator

Bonnie Rice

### Family Readiness Assistant

Sherri Daigle

### Youth Readiness Coordinator

Elizabeth Harding

### Family Assistance Center

#### Specialists

Concord—Kelly Loring

Littleton—Shirley Briggs

## TRANSITIONAL ASSISTANCE ADVISOR

For answers to your military benefit questions, please call Lisa Linskog (formerly "State Benefits Advisor")

at (603) 225-1309

## STATE CHAPLAIN'S OFFICE

(603) 225-1560

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## NHNG Working to Improve Reentry and Reintegration

by Lisa Lindskog, Transitional Assistance Advisor

New Hampshire was honored to recently host the NGB Home Station Reentry/Reintegration Workshop in Manchester November 27-December 1 2006. Representatives from nine states attended the conference, including: Georgia, Minnesota, Montana, Washington, New Hampshire Arkansas, Oregon, Tennessee and Rhode Island. The 10 New Hampshire representatives consisted of active and retired Army and Air National Guardsmen and civilian employees.

The objective of the workshop was two pronged: to formulate a nation-wide Home Station Reentry/Reintegration program for the Guard and Reserve component

that could be tailored to meet each state's individual needs; and to gather information and insight to justify the need for legislative change. The workshop was designed to provide information, working ideas and materials for a Special Working Group required by The National Defense Authorization Act for 2007. The resulting information and design will be presented to Congress in early 2007.

Representatives were separated into four working groups to brainstorm ideas for reentry and reintegration. Each group was assigned an area of concern. The common over riding factors were time, money and respect. Throughout

the sessions, general consensus among the participants from all the states was clear , **"no one can take better care of our service members better than we can at home."** The four working groups compiled their ideas into briefings and presentation were made to the entire group on the last day of the workshop. The Special Working Group then evaluated the presentation for inclusion in its presentation to Congress.

The participants in this workshop were clearly driven by compassion and a sense of moral obligation. It will be exciting to see how receptive Congress will be to these proposed changes and the thought processes behind the ideas.

## New Grants Available to Community Organizations

### Supporting of Military Kids by Elizabeth Harding, Youth Readiness Coordinator

Through Operation: Military Kids (OMK), organizations such as church groups and Parent Teacher Organizations (PTOs) can receive up to \$500 in funding to build community support for "suddenly military" youth who have a deployed family member in the National Guard or Reserves. These "mini-grants" may be requested by any group wanting to create a program or service project to support military youth. Organizations are not required to have a military youth currently involved in their program, but must recruit military kids in the community to participate and have them as part of the program in order to receive mini-grant funds.

The funds will be available for programs, events and activities held between April 1, 2007 and August 30, 2007. All proposal applications are due by March 1, 2007. Preference will be given to requests that utilize the OMK Mobile Technology Lab (MTL) , a transportable system containing video/digital cameras, laptops, scanners and printers.

OMK is coordinated by UNH Cooperative Extension 4-H Youth Development in partnership with the military and other organizations around the state. For more information and an application, please go to the following sites:

- Mini-Grant General Description and Guidelines, [http://extension.unh.edu/4H/4H\\_OMK/MGdescr.pdf](http://extension.unh.edu/4H/4H_OMK/MGdescr.pdf)
- Mini-Grant Application, [http://extension.unh.edu/4H/4H\\_OMK/MGappPDF.pdf](http://extension.unh.edu/4H/4H_OMK/MGappPDF.pdf)
- OMK - Mobile Technology Lab Brochure, [http://extension.unh.edu/4H/4H\\_OMK/MTLBro.pdf](http://extension.unh.edu/4H/4H_OMK/MTLBro.pdf)

*Information adapted from New Hampshire Operation: Military Kids.*

## Information Summation!

By Shirley Briggs, Family Assistance Center Specialist

Can you find the following information, answers or resources for the following questions?

- Where can I find the “Commander’s Toolbox”?
- What events will the Family Program offer in the near future?
- Where can I access the latest edition of the Family Program Newsletter?
- What is the “President’s Volunteer Service Award”?
- Where can a FRG member find information and training on fundraising?
- Where can I find a suggestion box to submit your ideas to the Family Program?
- Where can I find information about Military Benefits?
- Where can you find information about the Youth Council?
- Where can I find information about grant opportunities for deployed National Guard families?
- How can I become a Family Program Volunteer?

• Where can you find “links” to important military family information?

• Where can I find a list of businesses that offer Military Discounts?

Okay! Enough, enough! I’d better give you the answer before you get frustrated and lose interest!

The one place to find answers to all the questions above is: <https://www.nh.ngb.army.mil/fp>.

The New Hampshire National Guard Family Program maintains a website to assist you in locating information that will help you, your service member and your entire family maintain a self-sustaining and “ready” status throughout times of non-deployment, pre-deployment, during deployment, and post-deployment.

So log on and go to <https://www.nh.ngb.army.mil/fp> and have a look! Just be sure you allow plenty of time because you’re going to find a wealth of information!

## Video Recording Available at Family Assistance Centers

VIDITalk Web is an online service that allows family members to instantly create and send video email messages. The videos are delivered using streaming technology - no downloads or attachments - just a simple click of the mouse and the video plays. This technology eliminates the long download times used with other webcam applications.

VIDITalk is now available for families at both the Concord and Littleton Family Assistance Centers. Simply visit your local FAC and record a message for your loved one overseas. For more information, please call Shirley Briggs in Littleton or Kelly Loring in Concord at (603) 227-1496.

## Flat Daddies and Mommies Offered by the NHNG Guard!

Are you familiar with the Flat Daddy and Mommy? They are life size head and shoulder pictures of deployed service members that are mounted on foam board. Although they are no substitute for a deployed loved one, many families enjoy having these novelties at home while their service member is overseas.

Upon request to the State Family Program Office, the NHNG will now produce the life size photo for the family of any Army or Air Guard member deployed overseas. The photo will be returned to the family ready for mounting.

For more information, contact 1st Lt. Suzanne Barricklow at [Suzanne.barricklow@us.army.mil](mailto:Suzanne.barricklow@us.army.mil). There is a limit of one “Flat Daddy/Mommy” for each service member.

## **Resource Finder NOW ONLINE!!** By Sherri Daigle, Family Readiness Asst.

Looking for school information or programs for youth in New Hampshire? Need a speaker for a gathering? Trying to locate a local VFW for support? The **Local Community Resource Finder** can be a great help.

The Resource Finder is an online tool accessible through [www.guardfamily.org](http://www.guardfamily.org). Using it is simple and can give you some valuable information.

- First - Access the website at <http://www.guardfamily.org/>. Once at the home page, click on "Family Member".
- Second—On the right side of the "Family Member" screen, click on the box labeled Local Community Resource Finder.

You can search for resources at many levels. If you just want to see a listing of all New Hampshire resources in the database, you can just click on "NH" on the map at the top of the screen. If you're interested in other New England states, check out any of our neighbors! Or select search "Method 2" to find resources by city or type of service. In most cases, the address and phone number of the resource is available by clicking on the resource name. If an organization has their own website, you can easily access it by clicking on the picture of a globe located in the "Links" column on the same line as the resource you want to access.

## **CALLING ALL TEENS!** By Elizabeth Harding, Youth Readiness Coordinator

- **Do you want to experience life in the dorms at University of New Hampshire?**
- **Are you interested in supporting military related events?**
- **Do you need to complete community service hours for graduation?**

**Then join the New Hampshire National Guard Youth Council!** The mission of the council is to develop leadership skills for youth through participation in military-related service learning projects and developing building blocks for teamwork with peers in social situations.

Council youth will assist with the planning and running of youth program events and other military related activities. They will receive community service hours for their time and will gain confidence and leadership skills while having fun socializing with other military youth.

More exciting opportunities— Several members of the NH National Guard youth council members (age 14 by end of June 2007) will attend the New Hampshire 4-H Teen Conference at UNH the last week in June. The youth will live in the UNH residence halls, eat in the campus cafeteria and attend workshops in college classrooms! In addition, two military youth will be chosen to attend the National Youth Symposium in Chicago this summer.

If you are interested in learning more about the youth council please contact the New Hampshire National Guard Youth Coordinator, Elizabeth Harding, at (603) 227-1496.

**NH National Guard Youth Program**  
**[https://www.nh.ngb.army.mil/fp/fp\\_youth.html](https://www.nh.ngb.army.mil/fp/fp_youth.html)**



# **First Parent Support Group an Overwhelming Success**

**By Beate Picknell, Family Program Assistant**

"This is the best thing the NHARNG has done" and "Thank you for doing this" are not my words but come straight out of the closing comments of our first Parent Support Group meeting.

The New Hampshire National Guard is on the forefront with this new initiative and much needed program. Many of our soldiers are young and unmarried. Parents are looking for a place to find support and comfort from their peers. The mission of the Parent Support Group is to provide support, education and information to the parents of military members from all branches of the service, while having fun and building relationships.

The first meeting included 12 New Hampshire residents with children serving in the active army, navy and reserves. These military members are at various stages of deployment. The parents shared their experiences with one another over coffee and dessert. All who attend promised to spread the word to other military parents and come back again for a second meeting.

I wish I could say that this was my idea but that honor goes to our own 1st Lt Barricklow who, after talking to many parents and working with family program Chris Burritt, recognized this need for such a group and gave the green light to forge ahead. Our next meeting is February 7 from 7 – 9 at the Concord Reservation, Bldg M, upstairs classroom. For more information, please contact Bea Picknell at 227-1552.

## **Tips for R & R** By Kelly Loring, Family Assistance Center Specialist

### **All family members should remember:**

- Your soldier has been subjected to daily regimentation and routine. Schedules and preplanned events may not be a good idea upon his/her return. Leave some room for spontaneity.
- Your soldier may have trouble sleeping for awhile due to changes from routine field life and a different time zone.

### **Spouses should remember:**

- Don't be defensive about the way you've handled the children or situations at home. Discuss any criticisms calmly.
- Recognize that it could take time to reestablish sexual intimacy (or not.)
- Your soldier may want to celebrate his/her return with a spending spree. If you can't afford it, hold the purse strings tightly. The urge to spend will pass.
- Your soldier may be surprised or hurt that you have coped so well. Reassure him/her that they are needed and loved, without giving up your accomplishments.

### **Parents should remember:**

- Your soldier may need some alone time or time with just his friends or significant other. Be understanding.
- Your soldier may want to plan his/her own R&R schedule. Visiting "Aunt Ruth" may not be high on their priority list.

Most of all remember to relax your expectations and try not to be too rigid. Be patient with one another. It is easier to say goodbye if you are angry so don't be surprised if you have an argument as R&R comes to a close. It doesn't mean you don't love each other. It is just one of those ways we try to unconsciously cope. Above all, enjoy your time together no matter how you spend it. *Revised from the Chaplain's Files*